

HOW TO MAKE A LIFE PILLOW

A VERSATILE TOOL OF LIGHT
(POLARIZER) THE NATURAL WAY

A TOOL OF LIGHT



HOW TO MAKE A LIFE PILLOW

- **NEEDED**
- LARGER BOWL
- SEAWEED 75 %
- SAND 25 %
- SOME CRYSTALS, ROSE QUARTS
- HEALING NATURAL MATERIALS
- USING ACORN CAPS AS ENHANCERS DUE TO THEIR SMALL SIZE – SEA SHELLS WOULD WORK TOO
- NATURAL SALT – TWO TABLE SPOONS

Most items you can get at a pet shop or aquarium shop 😊



Basic Setup Scenario



ROSE QUARTZ
AND GEMS

SAND

ROCK CRYSTALS

HIMALAYA SALT
RAW BIG

HIMALAYA
SALT AND
CRYSTAL
POWDER

SEA WEED

ACORN CAPS



Add a small layer of crushed sea shells and fill with sea weed 75%



Add 25% sand, crystal powders, gems, acorn caps, etc
Listen to intuition and use intent



special ingredient

Beepollen





Put it all in a container and mix it well







BEST TO PUT THE LIFE PILLOW MIX IN A PRACTICAL METAL BOX OR LEATHER POUCH



THICKNESS OF MIX IS ABOUT ONE INCH
SMALLER BOX WOULD WORK TOO



JOSH LIFE PILLOW MODELS
LEATHER POUCHES



RESIN TYPE LIFE PILLOWS BY STEPHEN GEDDES
VERY PRACTICAL AND OF AMAZING QUALITY AND STRENGTH



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**Thank you for watching
and enjoy its benefits**